

## GOING GENERAL

### Abraham Hicks Exercise | Adapted

You love the ease of your world. You know that you can focus on anything you want. You know that you are understanding the laws of universe. Understanding things feels really great. Sometimes I do not understand thing but I do know Source is all around me. I can call on Source and nature will show me where I am and what I am vibrating. I can always depend on that. I know that there are many who are seeking to know what I am coming to know. I know I am slowing my momentum down right now right here, by noticing how much I really do want to feel different.

I do not have to be jumping up and down in joy right now, I am feeling a little more peace because there are many things around me I do like and I do love. I have resources. There was a time when I did not know what those were, and I feel so much better knowing I do have those. I am only putting a garment of conditioning on. I am choosing to alter what vibrational path I want. There are wonderful things in the world I want.

I feel so happy that I am able to leave conditions out of my equation. I so adore non physical energy who I believe is flowing all around me. I am experiencing well being that my vibration is increasing and I am getting eager not to do but of my becoming. An optimistic renewal. The timing to act might not be quite yet but I feel it.. I do... it is coming. I love learning the balance of my focusing. To continue to allow the energy to flow to me and through me.

To get into a place of well being and shining it. I am finding my way to be more capable of not putting conditions in my way and block me. I am getting more proficient and I get excited and I know I sit in the knowing of this longer. I will be inspired to the action that makes change in my life. I love knowing this is a larger movement than just me. This is me readying myself and watching the results

of having accomplished that environment. I love watching the results of having found the place I know I love to feel. Right here around me I love to watch as I love tapping into the energy that creates worlds. Source is flowing to me and I am doing a little bit everyday. This is the work for me to do. I am not being called to do something I am not ready to do. When I push myself to do things I do not want to do that is when I know I am off balance.

It is so nice to know that I do not have to take the place of Source and that it has my back. It is so nice to know that the things that matter to me are underway and my work is to hold this place of knowing ...not try to be all things to people. I am not the only one putting my desires into my vortex. I am in the right place doing the right things being exposed to Source.